

FASHION:

Ungene wins designer coveted award at Sask. Fashion Week **P. 4**

ON THE SCENE:

Honouring Saskatoon's finest at the YWCA Women of Distinction Awards **P. 5**

SHARP EATS:

The best new food trucks in Saskatoon, pull up a curb! **P. 21**

WEDNESDAY, JUNE 3, 2015

A STARPHOENIX COMMUNITY NEWSPAPER

A portrait of Sylvia McAdam, a woman with dark hair in two long braids, wearing glasses and a blue floral patterned top. She is looking directly at the camera with a serious expression. The background is a bright, out-of-focus green, suggesting foliage.

REBUILDING A NATION

**THE WISDOM OF CREE ELDERS
AND THE URGE TO DEFEND HER HOME
INSPIRE AND MOTIVATE
AUTHOR AND LAWYER SYLVIA MCADAM
P. 6**

FREE

INDEX

ON THE COVER PG. 6



Sylvia McKay, the co-founder of Igné No More, the biggest grassroots movement in Canada, considers herself a mother and grandmother first and fire-mom. **SHOOT: PHOTOBY LIAM RICHARDS**

TABLE OF CONTENTS

READ MY BOOK — 2

Tales of those who have overcome the odds and achieved success

FASHION — 4

Lingerie worn diagonally, coveted award at Sex & Kitchens Fashion Week

ON THE SCENE — 5

Seakablen's finest were honoured at the YWCA Women of Distinction Awards

ON THE COVER — 6

The wisdom of Ome' videos and the urge to defend her home inspire and motivate author and lawyer Sylvia McKay

IN THE CITY — 12

A moment in time: Photographer Liam Richards's shot that defines the week

EVENTS — 13

What you need to know to plan your week
Send listings to: events@thestarphoto.com

ASK ELLE — 17

GARDENING — 18

Plants believed to attract monarch butterflies

CROSSWORDS/SUDOKU — 19

OUTSIDE THE LINES — 20

A weekly colouring creation for kids of all ages by artist Stephanie McKay

SHARPEATS — 21

The best new food trucks in Seakablen pull up a curbside

WINE WORLD — 23

A sophisticated drink to match grown-up tastes

GARDENING PG. 18



If you're wondering about the survival of the monarch butterfly in your part of the world, add some orange of orange caterpillar to your flower beds. **PHOTO COURTESY OF STEPHEN**

BRIDGES COVER PHOTO BY LIAM RICHARDS

Bridges published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S7N 2P1

Headline Producer: editor, Ann Sharpin, associate editor
For advertising inquiries contact: 637-6340; editorial: 637-6327; home delivery: 637-6320. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.
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FASHION

Have an outfit you've styled for an upcoming event?
Send a photo to bridges@thephoenix.com

SASKATCHEWAN FASHION

Christina McFaddin: Lingerie is designer's passion

By Ashley Martin

Moms know best. Or at least, Christina McFaddin's mom knows best.

After graduating high school in Brandon in 2009, McFaddin was set to attend the local university to become an English-as-a-second-language teacher. Her mom Cheryl changed her path with one simple question.

"(She) just casually asked if that's what I wanted to do and I was like, well, it's fine, I would like to do fashion design but it's not as realistic because you can't make that in Manitoba," said McFaddin, who won this year's clothing designer award at Saskatchewan Fashion Week (SFW).

"And she was like, 'If that's what you want to do, you should do that.'"

Without that exchange, "I wouldn't have gone into fashion design," said McFaddin, who started her lingerie line, "Year of the Raven," two years ago.

Instead of staying in Brandon, she took a risk and applied to the Art Institute of Vancouver, enrolling in the fashion design and merchandising program.

Fashion was a budding interest in McFaddin's teen years. She had always been drawing, but started sketching clothes in high school. The summer after Grade 11, she bought a sewing machine and started teaching herself.

Her first taste of designing lingerie came during a class assignment in Vancouver. Her immersion happened when she got a job as assistant for lingerie designer Chris Ropicki. It was McFaddin's first collection — making lingerie is "not at all similar to sewing clothing," said McFaddin. The machines, materials and pattern making are all different.

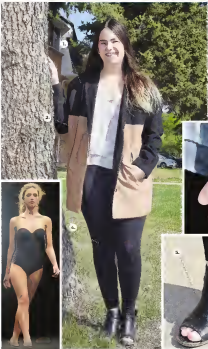
She aims to make pieces that are feminine, comfortable and affordable.

"I want to be able to have a product that is something special, it's handmade and it's made just for you, just for your body type," said McFaddin.

Lingerie is personal — some women keep it to themselves. But increasingly, lingerie picks a role from their clothing.

"People are starting to wear their garments where you can see your bralettes or bust, where they're starting to wear bodysuits with high-waisted skirts and pants," said McFaddin. "I'm taking that into consideration and trying to make some of my pieces more versatile."

She tries to source materials within Canada. She's heading to Montreal in July to get fabric for her spring/summer 2016 collection, which will be shown in November at Dean & DeLuca's MacArthur Road.



1. GOWN: Urban Coutures

2. SHIRT: H&M

3. RINGS: Le Corbusier

4. PANTS: Ardon

5. SHOES: Minkbelle

UNDERWEAR: Her own design. "They just fit me better and they feel much comfortable, and that's just nice in itself too."

BRIDGE PHOTO BY DON HEALY

ON THE SCENE

#YWCA WOMEN OF DISTINCTION AWARDS

The Saskatoon YWCA held its annual Women of Distinction Awards gala at TCU Place on May 28. Eleven local women were honoured in 10 categories for their contributions to the community. Joan Borse, a professor of art, art history and women's and gender studies at the University of Saskatchewan, sponsored the lifetime achievement award.

The other winners were: Erica Violet Lee in the under-29 category; Tasha Hubbard in arts, culture and leisure; Michelle Duchesne in athletics; Christine Mann in community building; Karen Schuman in education; Katrina Gorman in entrepreneurship; Jan Herbert and Shelley Luhnig in health and wellness; Michelle J. Quinlan in leadership and professions; and Julia Verselov in science, technology and research.

BRIDGES PHOTOS BY LIAM RICHARDS



1. Jessica White and Jessica Tatu

6. Betty Ann Adam and her daughter Lucre Gualter

3. Jason Remington, Debbie Mullen and Tony Butler joke around as Mullen bids a show ticket

7. Seanna Westermarck, Melody Wood and Naomi Cameron

8. Marc Stodolny, Mascha Cordis and Dylan Costy

9. June Young, Deb Mullen, Sherry Dease, Jane Young and Jan Borse

10. Cher Oller, Kim Oller and Katie Martin

11. Nan's news page for a photo



ON THE COVER

I am protecting and defending my home.
These are my homelands. — Sylvia McAdam

SYLVIA MCADAM (SAYSEWAHUM)

Back to the basics for grassroots leader

By Kerry Benjoe

Sylvia McAdam (Saysewahum) is not one to sit back and let things happen.

"I refuse to be silent," she said from her home on the Big River First Nation.

However, the co-founder of the biggest grassroots movement in Canada considers herself a mother and grandmother first and foremost.

"I am not an activist or an anti-constitutional," said McAdam. "I'm on a different road. I am protecting and defending my home. These are my homelands. These are where my people are buried."

She said there is no word in the English language that can explain it.

"In my Cree language, I am a citizen. I am protecting," said McAdam. "It is important to me that we have our own laws that are based on the laws of the earth and the sun."

Her book *Restoration Interrupted: Revitalizing Indigenous Legal Systems* — a compilation of life experience and elder's knowledge — is one of the things she felt compelled to produce out of necessity. Within the book's six chapters she shares what she has learned about language, culture, laws and peaceful resolution of which comprise nationhood.

McAdam believes First Nations people need to return to the old ways of governance, leadership and education.

Over the years, a growing concern for the land caused her to become more vocal.

"People need to be reminded that it wasn't Indian Act leadership that took treaty, it was a hereditary structure, an inherent structure that included women in an integral and sacred manner."

"This book talks about that — the role of women and how important that is. I hope that as my lifetime that role will be revitalized and we will begin reclaiming ourselves from the Indian Act. I hope this



Sylvia McAdam (who co-founded the Idle No More movement) has written a book about recovering Cree culture through language.

PHOTO BY LAMARCAH

book nurtures and nurtures that journey for all indigenous nations. I hope this becomes a template for other nations."

She has been working with clients for several years and wanted to share what she learned.

The thing that kept coming out

of those interactions was that young people are no longer speaking the language and this information, these teachings and this knowledge need to be recorded," said McAdam. "I thought, I speak the language so I might as well take the opportunity and begin recording it, so I get

permission from the people I interviewed using protocol, of course to write this down."

She said no one can ever write down the spiritual laws because it's impossible.

"These are the physical laws of human beings," McAdam said about

her book. "There is personal information out there, but there is nothing that specifically talks about indigenous laws. This is the first of its kind."

Although it was something that needed to be done it was not an easy task.

We have no authority or jurisdiction to be extinguishing treaty terms for the (next) generations
—McAdam

"The hardest part was the translation — translating the words of the elders into the English language," said McAdam. "Anything I didn't translate properly it's my fault and not the elders' so I take full responsibility for that."

While researching for the treaty land settlement chapter, he stumbled across something that has caused her great concern.

She said it is imperative that every indigenous person realize what the words mean when it comes to negotiating claims with the government.

"We have no authority or jurisdiction to be extinguishing treaty terms and promises for the (next) generations," said McAdam. "We shouldn't be doing that."

Parts of her research also left her with hope.

"When I talk about treaties and how the one-square-mile treaty terms and promises haven't been fully implemented and realized," said McAdam.

"That is years of economic opportunity that indigenous people have missed out on."

She hopes others will take the time and learn more about some of the things discussed in her book.

McAdam has a unique perspective on life, which has been shaped through her formal education and teaching by the elders.

She received her law degree from the University of Saskatchewan in 2008 and that training has helped to hone her research skills and give her the background to help interpret Canadian laws.

McAdam was born and raised on the Big River First Nation in Northern Saskatchewan.

She grew up in a traditional setting and among First Cree speakers.

Both her parents did not attend residential school. Neither did her grandparents, so there was no intergenerational trauma in their traditional learning.

They then passed down their knowledge to McAdam.

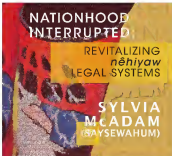
She believes negotiating traditional language and using it is important, which is why she opted to use Cree words throughout her book.

McAdam uses the book as a teaching tool for students and included a glossary of Cree words.

Ned McLeod, an associate professor at Trent University is also an artist, author and Cree speaker. He supports the way McAdam utilizes language in her book.

"I think more and more people will start to use Cree as their vernacular, both in terms of documenting stories, but also in terms of history (and) in terms of law," he said. "I think when you start from the perspective of indigenous languages and the ideas behind those, then you get a completely different interpretation of how things are framed."

Continued on page 8



Sylvia McAdam's book *Nationhood Interrupted: Revitalizing Nêhiyaw Legal Systems* is a compilation of life experience and elder knowledge.

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Every time I have heard her speak, I have been captivated by her stories and admire her skill level in the language.

—Neal McLeod

He said the inclusion of a glossary is good because it helps provide more written context for those interested in learning indigenous languages.

"One people have been writing language down since at least the 15th century," said McLeod. "I think the modern and contemporary movement of using Cree in books will continue. Probably in the next 20 years, maybe, you will see more books that are bilingual because I think we are at the first stage where people are using key words."

He said McLeod is exceptionally fluent and comes from a community where the people have a strong understanding of the language and the culture.

"I think that as time goes by she will write another book and add more layers to it," said McLeod. "Every time I have heard her speak, I have been captivated by her stories and admire her skill level in the language."

Combining language and an understanding of western culture and law is creating very interesting scholarly work.

"For too long, I think people have been just trying to include English writing and just tried to fit everything into conceptual boxes or into English words," said McLeod. "I think if you start off with a Cree word, it opens up things in a different way so if you talk about law it's not just law in a court, it's *gashchewen*, like natural law — the law of the trees and the law of the pipe which frames it in a completely different way, which is, there it is a world view."

He said he's not going to worry when people start using more English, but he agrees with McLeod about the need to use the language and use language to capture indigenous concepts.

"European Canadian writers, or other ethnic groups still use Latin all the time, so why can't we use our own languages?" said McLeod. "I think Sylvia is creating another space where the language will be used more and more."

In addition to using the book to help reclaim the Cree language, McLeod plans on reclaiming the name of her great-grandfather, *Sepowashew*, who was an original signatory of Treaty 8.



Sylvia Mathew made from her book *Mathewshew: A Legend of the First Nations* at the First Nations University of Canada in Regina in April. Photo courtesy of Sylvia Mathew.

Not only did I see the beauty of the lands and waters. I also began to see the devastation of logging and other activities that were happening. — Book excerpt

She believes it's important to recognize and honour the past.

Raymond, has two possible meanings and both are connected to the land.

One meaning refers to the dirt or moisture on the ground as the opening and fall — the other means a vibration through the earth.

McMann started as an online discussion between four women that exploded into a grassroots global movement.

In the first chapter of McMann's book she explains where it all started.

Her mother was from Whitefish Lake, also known as Big River First Nation. Her father and his uncles were from Stoney Lake in northern Saskatchewan.

McMann has lived measures of childhood and being on the land with her family — it was a simple time.

In the summer of 2012 she returned home.

"Not only did I see the beauty of the lands and waters. I also began to see the devastation of logging and other activities that were happening. I felt grief for the devastation and displacement I was witnessing. I began to feel a profound and protective love for the lands in which my people were buried and banded for time immemorial," she writes.

It was during this same time she became aware of the federal government's C-58 Omnibus Budget Bill.


The bill angered her because it loosened restrictions on Canada's Navigational Waters Protection Act, weakened Canada's Labour Code and altered the Indian Act.


McMann, a mother of seven and grandmother of nine, said she could not live with herself if she stood by and allowed such changes to happen without speaking up against it.



An image from the book *Nationhood Interrupted: Wandering, Waiting and Worrying* by Chantel L. Smith.

Continued on Page 10





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I think a lot of people think Idle No More is gone, but it's well established, and I think it's a slogan and movement that young people are very enchanted with. — Shannon Avison



From left: Alex Wilson, Erica Lee, Sherry McLean and Shannon Avison present at a panel on Idle No More at the University of Saskatchewan in June 2015. Photos are made by Jennifer Koff.

"I had no idea how big it would get," she said about the movement. "It is such a powerful collection of grassroots people saying, 'No, you can't continue doing this. You are putting our future at risk.'"

Shannon Avison, associate professor, Indian, Inuit and Métis Studies in the department of Indigenous Languages, Arts and Cultures at First Nations University of Canada, said she was impressed with what the Idle No

More movement was able to accomplish primarily through the use of social media.

She has taught public relations classes and media-related classes at UNWinnipeg for more than two decades and said it was interesting to see how far a small Saskatchewan-based grassroots organization was able to reach.

She said what is interesting is that the movement was able to resonate throughout the world with

past founders and no leader or media coordinator.

But it did not surprise her.

Generally, aboriginal organizations and groups tend to not have dedicated public relations staff, which is what occurred with the Idle No More Movement and it is understandable, said Avison.

"The media hasn't been particularly informed, and the kinds of stories they are looking for are the kinds of stories that make people

or organizations look bad," said Avison.

"It's the old 'If it bleeds it leads.' And violence in the community and social — that's what the media looks for because that's the type of things people read."

Unfortunately, the aboriginal community has provided more than its share of those kinds of stories.

"It's a pretty easy to understand why indigenous organizations would be leery of reaching out to

the media," said Avison.

"I remember at the very beginning of Idle No More there was a big rally in I believe Ottawa and the national news didn't cover it at all, instead they covered the little victory that got away in the NREAA parking lot."

She said that resonated with the aboriginal community.

However, Idle No More was able to get their message out without reliance on the media.

I had no idea how big it would get
— McAdam, on *Life No More*



Sylvia McAdam is a major campaign to be chief of Big River First Nation. PHOTO BY LUAN KUCANIKOS

"The principal of the movement is that it's grassroots and it's empowering people at the local level, as they become leaders and they co-ordinate events," said Arneson. "I think what starts out as strength become a challenge for the movement."

However what made *Life No More* different from other indigenous movements is that although it was started by indigenous people it's not exclusively indigenous. Its something other Canadians and organizations can support.

Arneson said it was one of the only times an indigenous movement was able to get indigenous concerns into the public discourse.

"I think a lot of people think *Life No More*

is gone, but it's well established, and I think it's a unique and important that young people are very motivated and I think it has tremendous potential," said Arneson. "I think it will continue to be a force to be reckoned with and not a force in a negative way but a force in terms of leading understanding and general debate."

McAdam continues to be active. She plans to move forward and continue to fight to protect her homeland.

She has moved back to the community to be closer to the land and to begin her campaign to be the next chief of Big River First Nation.

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Pounding the pavement



Danielle Bouquios runs during the Saskatchewan Marathon in Saskatoon on May 31. PHOTO BY JAMES HARRIS

EVENTS

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MUSIC

Wed., June 3

Apocalypse
O'Brien Event Centre,
361 Second Ave. S.

Glen Eagle and I Am the Mountain
Suds on Broadway,
817 Broadway Ave.

Marty Greenblatt
Peggy's Pub and Grill,
1033 14th St. N.

Thurs., June 4

Glen Arfai
Crocker's Restaurant &
Lounge,
1-227 Pinehouse Dr.

Rockless Famous
Suds on Broadway,
817 Broadway Ave.

An Evening with Aaron Carter
O'Brien Event Centre,
361 Second Ave. S.

Seakatoon Songwriters Circle: John Antonicik and Jen Lewis
Vanzetti Tavern,
801 Broadway Ave.

Lee Streisler w/ Rise Up
Capital Music Club,
365 First Ave. N.

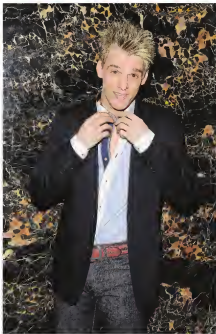
Fri., June 5

Half Staff
Suds on Broadway,
817 Broadway Ave.

Piano Friday: Jesse Brown
Doct's Series: The Young
Benjamins
The Basement,
204 Fourth Ave. N.

Band Wagon
Army & Navy Club,
399 First Ave. N.

One More Troubadour
Mickelly Robinson,



Catch An Evening with Aaron Carter Thursday at O'Brien Event Centre

330 Eighth St. E.

The Moos and Saxon Split
w/ The Foggy Notions
Amigos Cantina,
808 Dufferin Ave.

Forever Young
Teen Town Tavern,
3030 Fairlight Dr.

Jamies w/ Black Visions and
Old Towne

8811 Lakota Park Plaza

Capital Music Club,
365 First Ave. N.

Autopilot w/ Ultimate Power
Day, Chib's Boom Boom and
Man Meant

Vanzetti Tavern,
801 Broadway Ave.

Apollo Cruz
Peggy's Pub and Grill,
1033 14th St. N.

Flatland Slings
Starr's Place,
106-110 14th St. E.

Sat., June 6

Half Staff
Suds on Broadway,
817 Broadway Ave.

Piano Saturdays: Maurice
Brody
Jazz Singer (Series Held)
Munro
The Basement,
204 Fourth Ave. N.

Band Wagon
Army & Navy Club,
399 First Ave. N.

Phoenix
Downtown Legion,
606 Spadina Creek W.

Harry Starbuck
Mickelly Robinson,
801 Broadway Ave.

He Means This
Mickelly Robinson,
3330 Eighth St. E.

Teamster Jude w/ The Do
Good Radicals
Capital Music Club,
365 First Ave. N.

The Starobucks w/ Rom-
beaux and The Law and the
Prophets
Amigos Cantina,
808 Dufferin Ave.

Lobster Party: Amy Har w/
versatile
O'Brien Event Centre,
361 Second Ave. S.

The Basement Paintings w/
Conduit and A Gigant in Drag
Vanzetti Tavern,
801 Broadway Ave.

Apollo Cruz
Peggy's Pub and Grill,
1033 14th St. N.

Flatland Slings
Starr's Place,
106-110 14th St. E.

Sun., June 7

Acoustic Jam
Suds on Broadway,
817 Broadway Ave.

Kevin and Friends
Mickelly Robinson,
3308 Eighth St. E.

The Ladies of Notown
Capital Music Club,
365 First Ave. N.

Mon., June 8

Michael Wood Band
Suds on Broadway,
817 Broadway Ave.

Tues., June 9

Doc Reed Comedy Night
Suds on Broadway,
817 Broadway Ave.

Breakout w/ Designted
Amigos Cantina,
801 Broadway Ave.

ART

Reign Gallery
June 3-30 at 245 Third Ave.
S. A new collection by EDE
Depenhart

Void Gallery
Until June 6 at 3-1026 Eighth
St. E. Series of the Yacutan
Portraits, black and white
photography by Sharon
Cassik

Black Space Gallery
Until June 13 on Highway 2 at
Northside. Art representing
35 Canadian artists.

Wild in the City 3
Until June 15 at City Parks Col-
lege/haas, 801 Seventh Ave. N.
A group exhibition by Saskia-
toon artists.

EVENTS

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Mural Art Gallery
Until June 7 at 950 Spadina
Cross St. Spring exhibitions:
The Fifth World with works by
11 Indigenous artists. 43rd
annual school art, and the 18th
Artists by Artists membership
exhibition. Thru and Water,
with works by Dee Gibson
and mentor Terry Gillings.
Bobb Coleman will be signing
copies of Drawing a Gallery
June 6-7 10 a.m. to 3 p.m.
Tours of the final exhibition
June 7 1 p.m. to 4 p.m. Doors
Open Saskatoon June 7 12
p.m. to 5 p.m. Check out the
closing sale in the Gallery
shop. The gallery will be
closed June 8.

Eye Gallery
Until June 19 at 171-183 Col-
lidge Dr. 19 photographs by Tim
Thomas.

SCRAP Art Gallery
Until June 19 at 253 Third Ave.
S 3-3 by Steele Harris.

Gallery on Third, Wetmore
Until June 20 at 102 Third
Ave. E. Wetmore, Spring Fine,
a group exhibition.

AKA Artist-Trai
Until June 20 at 424 20th St.
W. Sewall by Dana Clifton

Hartink and Ockert Gallery
Until June 20 at 601 Main
St., Humboldt. Installation,
an OSC touring exhibit of
Saskatchewan artmaking.
Etterhall, a local perspective
exhibit by Sharon Eklundsen,
runs until June 27.

Hues Art Supply
Until June 30 at 1818 Lorne
Ave. 103 by Bridget Atkin.
Niki Aft and Jennifer Rae
Miller. Reception June 30, 2
p.m. to 6 p.m.

Centre East Galleries
Until June 22 at The Centre
Montauk studio trail in the
Royal Gallery, self display
by MCC in the Jodie Gilling



At Centre East by Sharon Goss, an art display at the Mud Gallery

display by Louise King at the
Photo Art in the Amber Gal-
ery, art by Different Strokes
in the Stereo Gallery, display
by Shukensan on the table-
top between in the Grison
gallery, and display by the
Saskatoon Public School
Board in the Migrants and
Indigo Galleries.

**The Gallery at Art Place-
ment**
Until June 25 at 228 Third
Ave. S, bookless entrance
Building Blocks by Stroh
Knecht.

**Station Arts Centre, Don-
tham**
Until June 27 at 751 Railway
Ave. E. Dontham Pulse, paint-
ings by Anna Hei Elop

Kalving Place Art
Until June 27 on the eighth
floor of the Seabrook
Gloria sculptures of a winds
by ten sailors and hyper-
modernized in the by
William Prentis

**Western Development
Museum**
Until June 30 at 2010 Lorne
Ave. 1113 by Mindy Van Hilt.
Echoes in the Ice Finding

Frederick's Ship runs until July
5. A travelling exhibition that
uses artifacts, images, audio-
visual presentations and art

Art in the Centre
Through June at Parkside
Centre, 180 Cropper Circle.
Works by Margot Arfols.

**The Gallery at Frances In-
derson Centre Library**
Until July 2 at 311 23rd St. E.
in the Footsteps of Tammy Gray
Hagerman and her Van Ness.
Works from Algonquin Park.

**Western Development
Museum**
Until July 5 at 2010 Lorne Ave.
Echoes in the Ice Finding
Frederick's Ship. A travelling
exhibition that uses artifacts,
images, audiovisual presenta-
tions and art.

Affinity Gallery
Until July 11 at #13 Broadway
Ave. Clay Studio Thine 40th
Anniversary Exhibition. Ce-
namic works from current and
past members of Clay Studio
Thine. Phil Cooley, Lorraine
Sutler, Judy Tron, El Fen-
des, Ron & Rusty Kinnis,
Marti Tagher's Thine.
Hewitt, Nancy Grammett

and Elaine Pearson

**Handmade House Show-
case**
Until Aug. 1 at 710 Broadway
Ave. U33 Vessels by Anita
Recomens.

31. Thomas How Gallery
Until Aug. 27 at 1437 College
St. Curated by Marique
Martin and Catherine Miller.

**Silverhouse Studio & Art
Gallery**
Until Aug. 31 at 308 Spadina
Cross W. Artworks by Tynia
Carr, a Canadian artist living
and painting at the same
time as the Thomas Group of
Seven. A Peaceful Meditation
garden out front features
Anita Carr quotes.

**Uniontown Museum of
Canada**
Until Aug. 31 at 913 Spadina
Cross E. Baker's House by pho-
tographers Lucien Dury and
Katie Koss.

FAMILY
Stars and Stripes
Wednesdays, 1 p.m. at
Centre-Chimes in the
Centre. Choice of two movies

each week. A baby-friendly
environment with lowered
volume, dimmed lighting, a
changing table and stroller
parking in select theatres.

Clix Climb and Play
Daily 10 a.m. to 11 p.m. in Bay
4 of 819 South Balfour St. W.
in Wexham. Saskatchewan's
newest indoor playground.
For children ages 12. We'll
quadrupleplay even on their
Facebook page.

**Pan Pacific Indoor Play-
ground**
Daily at 1530 Quebec Ave.
A giant indoor playground
for young children. Adults
and children under one year
are free. There is a separate
fenced-in area for children
under two.

Children's Play Centre
Daily at Lawson Heights Mall.
A fun, safe, environment for
preschool children to play.
Please note this is an un-
supervised play area, and adults
must stay with and supervise
children at all times.

**Market Mail Children's Play
Centre**
Daily just off the foot court
at Market Mall. This play area
is free and has different level
slides. Children must wear
socks in the play area.

Broadview Café
Thursdays, 10 a.m. to 11:30
a.m., at Westhills Primary
Health Centre, 3311 Knight
Dr. A drop-in support group
for families dealing with
Sensory will be facilitated by
a lactation consultant with
a brief educational presenta-
tion, and time for interaction
with the other mothers.

Movies for Mommies
Thursdays, 1 p.m., at Rainbow
Chimes in The Centre. An
infant-friendly environment
with reduced sound, change
tables, bottle warming and
stroller parking.

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@theatraphoenix.com

Scarcies Indoor Playgroup
Thursdays, 9:15 a.m. to 11:15 a.m., through May, at Immersé Baptist Church, 9346 Acadia Dr. Parent-supervised playgroup for kids up to age five, & bounce house and toys for kids, always staffed in play area, coffee/tea for parents. Registration on arrival. Information at scarcies@scarcies.com or their Facebook page.

Parent and Toddler Yoga
Thursdays, 9:30 a.m. to 10:30 a.m., and/or Saturdays, 10:30 a.m. to 11:30 a.m., at Yoga Life, 3-15 Third Ave. S. Classes taught by Nina Zetti. For parents and their toddlers ages 0 to 5. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, play and song. Classes are six weeks. Register at freedomfromhormonallyoga@gmail.com.

Sho'n in the Hood
Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Children's Service at The Mall at University Heights. Classes consist of power-walking, body-sculpting, aerobics, meditation, movement, and a socializing for parents and babies. Preceptors at sun-walking and aerobics are free. No classes on set holidays.

Relay Talk at SPL
Thursdays, 10:30 a.m., at Alice Turner Branch, Mesa City, 10 30 a.m., at George King Branch and Jill Ward Branch; 10:30 a.m., at Cliff Wright Branch. Half-hour sharing and rhyme, then mingle with other parents.

Parental Partner Workshops: Yoga for Children
Saturdays, 1 p.m. to 2 p.m., at SPL rhythms, 344 Third Ave. S. Instructors by Nina Zetti. Learn various tools and techniques to help you to improve your yoga experience is required. Classes are six weeks. Register



The annual Phoenix/Clark County Festival of Sankofa dance June 5 to 7 in Kiewit Memorial Park, Phoenix. Photo by Lisa Pineda

Phoenix/Clark County Festival of Sankofa
June 5-7 in Kiewit Memorial Park. Stage shows, children's activities and interactive performances featuring 'My' Bob Campbell's First Time Little Prince, Think Big! Wide Open a Magical Musical, and WE SPOKE with his Broadway Band. Tickets and information at perishophoenixfestival.com.

Something on Sundays
June 7, 2 p.m. to 4 p.m., at the Merrill Art Gallery, 5000 Speedway Dr. E. For ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. Make special artwork to commemorate the closing of the Merrill Art Gallery. Mini meals will be offered from 1 p.m. to 4 p.m.

Kid Yoga Classes
Ages 4 to 12 on Saturdays, 9:30 a.m. to 10:30 a.m.; for schoolers ages five to 12 on

Mondays, 10:15 a.m. to 11 a.m., at Yoga Life, 3-15 Third Ave. S. Classes taught by Nina Zetti. Helps kids regulate emotions, find focus, relaxation, self-awareness and inner strength. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at freedomfromhormonallyoga@gmail.com.

Deep's in Detail Camp
June 8-12, 9 a.m. to 12 p.m., at Mayfair United Church and July 8-12, 1 p.m. to 4 p.m., at Immersé Baptist Church and The Refinery. For parents and preschoolers, ages three to five. Rhyme, song, games, crafts, stories and fun. For families to learn and play together. Register at 306-653-5448, rockstakeaton.com.

Mom and Baby Yoga
Mondays, 11 p.m. to 12:30 p.m., at Yoga Life, 3-15 Third Ave. S. Classes taught by Nina Zetti. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation and meditation

tools and explore breathwork. Classes are six weeks. Register at freedomfromhormonallyoga@gmail.com.

Postnatal Yoga
Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Beginner to Intermediate yoga designed to help with postpartum recovery. Help family circles with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at rockstakeaton.com. No class on set holidays.

Garden of Light Source (GLS) Public Tours
Mondays, 1:30 p.m. to 3 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Registration is required. Call 306-671-3344, email edward.ellis@clsource.ca or visit lightsource.ca/education/public_tours.php.

Prenatal Yoga
Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting

Health Centre, 248 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-231-0443 or email pregnancy@pandp.com. No class on set holidays.

Prenatal Story Time
Tuesdays, 10:30 a.m. to 11 a.m., at McNally Robinson, 832 North St. For children ages three to five in the Circle of Trees. Call 306-952-1477.

Phogroup
Monthly and seasonal events. Hosted by Phoenix Bridges Learning Community, a group of families inspired by global philosophy. Programming is aimed at children ages two to five, but all ages welcome. For information on their Facebook page.

Engineering for Kids
Children ages four to six can learn about technology and how engineers help it develop. Classes, games, puzzles, and clubs with hands-on STEM enrichment activities. Get information and register at edward.ellis@clsource.ca or 306-671-3344.

DELICIOUS 4 KIDS! Sankofa
Beginner after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An all-in-one place for students to build unique creations, play games and have fun using 4KIDS links. Visit link4kids.com or call 306-979-2245.

Saskatoon Public Library Programs
Original video programs for children and families. Find the calendar at saskatoonlibrary.org.

* SPECIAL EVENTS

Saskatoon Farmers' Market
Open year-round. Wednesday and Sunday, 10 a.m. to 3 p.m., and Saturday 8 a.m. to 2 p.m.,

Farmers are in attendance Tuesday to Friday, 10 a.m. to 5 p.m., and Saturday and Sunday during market hours. Get service and specialty shops open. Information at saskatoonfarmersmarket.com. Contact 306-384-6262, silvestro@uslink.net.

Burgin Recycled Store
Wednesdays, 10:30 a.m. to 3 p.m. at St. Paul's United Church, 454 Ebert Ave. Clothing for babies, children, and women, and jewelry finds raised support the Lighthouse project.

Mayfair Carpet Bowling
Wednesdays, 11:30 a.m., at Mayfair United Church. Beginners and experienced players are welcome. For information call 306-651-2351.

Carpet Bowl
Thursdays, 12:15 p.m., at Nations Legion Hall, 3021 Linde Ave. Hosted by the Nations Senior Citizens Association. Lunch and coffee are available for a fee.

Dance in the Park
Thursdays until June 25, 7 p.m. to 8 p.m., at Evergreen Urban Park. Presented by Evergreen Community Association. A fitness program that combines Latin and international music with dance moves. Tickets at placemats.com.

One Take Show Event
June 4, 7 p.m., at May Theatre. New films made by local filmmakers. The films will be shown as they were shot and projected on their original film format. Admission is free.

SIFC Dances
Thursdays through June, July and August, 7 p.m., at Nations Park. Saskatoon International Folkdance Club. Learn dances from many countries around the world. Free and welcome. Admission is free. Visit sifc.dancespace.com.

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphenix.com

Borden Farmers' Market
Fridays until Oct. 9, 11 a.m. to 5 p.m., at Borden Fire Hall, information at 356-1911-2129

Orla Nursery Dinner and Auction
June 6 at the German Cultural Center, 360 Cartwright Ave. Dinner, a live auction and a silent auction. Tickets at plants.com. Funds raised support the Saskatoon Crisis Nursery.

Fourth Annual Saskatoon Fashion and Design Festival
June 5-7 around Saskatoon. Sponsored by 3000s and the Fashion Group. Three days of fashion events, includes trend and style workshops, indoor and outdoor fashion shows and more. Event tickets and information at pfmto.com.

Wentworth Community Centre's Clothing Depot
Saturdays, 10 a.m. to 2 p.m., at Jack's tonight or free clothing for all ages, free baked goods from a local bakery. They take donations of clothing, footwear, accessories and toys. Information at 366-222-8737.

International Day
June 6, all-day, along Mainway Trail. An annual celebration of multicultural beliefs to promote local development, the use of profits and the healthy lifestyle they encourage. Walk, run or jog on the Mainway Trail and learn about trails. Information at mccwaw.com.

D-Day Dinner
June 6, 5:30 p.m., at Nutrena Tower, 2601 Louise St. Hosted by the Canadian League of Riders, starting at Western Legion with a greek breakfast. Then touring through Bloor, North Bedford, Elmer Lake and back. With a barbecue and dance in the evening. Featuring live music by Crossover Behaviour. Registration includes first hand, breakfast and dance.



Live Out Loud Saskatoon Pride Week goes June 7 to 9 with events happening around Saskatoon

happening all night long (see listings).

Information at 366-282-9916, d.seaburn@shaw.ca.

Capital One Race for Kids
June 6, 9 a.m. to 2 p.m., at West Landing. An annual fundraiser for those of four years or older. Prizes for new runners and best dressed team. Friends raised support local boys and girls club programs. Register at saskford.ca. Information at 366-264-1820, dennis@kisskisskiss.com.

Blasting of the Bicycle
June 6, 10:30 a.m., in the southwest corner of Bloor's. Vika Piek, a brief inter-faith blessing. Celebrating the environmental, social and health benefits of cycling with the Spiritual Assembly of the Bells of Saskatoon in abundance. Music and bicycle bell ringing, prayer and a parade of decorated bikes. Everyone is welcome.

Strawberry Social
June 6, 2 p.m. to 4 p.m., at

West United Church, 838 Spadina Cres. E. With cake and music. Free tickets are offered. Tickets at the church office, 366-264-9159.

Pasta Poca
June 6, 6 p.m., at Auto Clinic Motor Speedway. Sask Legends Division competing as Sask legends, mini-bendolites and pro truck. Tickets at the site.

Whiskin' Thud
June 6, 7 p.m., at Broadway Theatre. A drum set and Latin percussion event. Featuring Soul King and Gerry Brown. Tickets at 366-361-3780, whiskin'thud@gmail.com.

5th Festival
June 6, 7 p.m., at Theatre. Local Canadian new musicals. Outside: 2000, 2000, 2000. A compilation of musicals works by Paul Allen, performed by beginner, intermediate and advance dancers of

Alma Flamenco and dancers from Spain. Featuring cantor Celestina Garcia, guitarist Daniel Segura and solo percussionist, Jose Antonio Peralta. Tickets at Alma Flamenco or paco.com.

Phobia Virtual
June 6, 7:00 p.m., at Grace-Weinstein United Church. Works by Beethoven, Haydn and Schubert. Tickets at MellodyJohnson.com or at the door.

Cabaret for the Cure
June 6, 7:30 p.m., at Glenlyon Golf Center. Featuring Golf Show With prizes and 50/50 draws. Tickets at 366-4015-1799, curecabaret.com. Proceeds support cancer research.

CPBA 30th Anniversary Information Table
June 6, 10 a.m. to 2 p.m., and June 7, 10 a.m. to 3 p.m., at the Saskatoon Farmers' Market. Hosted by the Canadian CPBA and Association, Saskatoon-

Wen Chapter. With a simulation and prize giveaways.

Doors Open Saskatoon
June 11, 12 p.m. to 5 p.m., around Saskatoon. A celebration of built heritage. Peek behind the doors of some of Saskatoon's most interesting and culturally significant buildings. List of participating buildings at doorsopen.saskatoon.ca.

Deconstruction Day
June 12, 10 a.m. to 2 p.m., at Woodlawn Cemetery. Everyone is welcome.

Saskatoon Auxiliary Band
June 7 at Grace-Weinstein United Church, 505 16th St. E. Tickets at MellodyJohnson.com. Members or at the door.

Summer Melodics
June 7, 7:30 a.m., at Grace-Weinstein United Church, 505 16th St. E. Presented by the Saskatoon Concert Band Auxiliary. Works by Mozart, Beethoven, and Mendelssohn. Tickets from members or at the door.

Live Out Loud Saskatoon Pride Week
June 7-10, around Saskatoon. Hosted by the Saskatoon Diversity Network. With a kickoff party on the Prairie City riverbank June 7, 3:30 p.m., a flag raising at city hall June 8, 12:15 p.m., gay truck June 10, 7 p.m. art and fashion show June 11, 7 p.m. A community fair June 12-13 and P&G, an outdoor pride party June 13, 8 p.m. Tickets at pfmto.com. Information at saskatoonpride.ca.

Twilight's Beauty
June 7, 7:30 p.m., at The Woods At Home. 148 Second Ave. N. Community Show featuring Knifetooth Studios.

Revelous Lawn Bowling Club
Monday to Saturday, 7 a.m.,

weather permitting. Their 85th season. Newcomers are welcome. Three first lessons are provided. Call 366-978-1341.

Off Broadway Farmers' Market, International Bazaar, and More
Thursdays, 11 a.m. to 6 p.m., in the basement of Grace-Weinstein United Church, 505 16th St. E. Offering a variety of locally produced food, clothing and accessories, from native art products, baking, and jewelry. New vendors welcome. Call 366-666-2848 or email grace@broadwayfarmersmarket.com.

Book Signing at McNelly
Friday, June 5, 6 p.m., at McNelly Robinson, 3330 Eighth St. E. For schedule and information visit mcnellyrobinson.com/saskatoon_events.

English for Immigrants Class
Hosted by the Saskatoon Open Door Society. Improve English pronunciation and communication, and learn what you need to find work in Saskatoon. Information or registration at 366-256-4337, 366-633-6466, 366-265-4338, page@edss.ca, edss@edss.ca.

THEATRE

The Address: Period
June 7, 3 p.m. and 8 p.m., at Broadway Theatre. A new musical comedy. The address family, living in a mansion in Central Park, is in trouble. When Wednesday falls in love and brings her new boyfriend and his family home to meet her family, old issues. Tickets at 366-452-6556, broadwaytheatre.ca.

Send listings or photos to bridges@thestarphenix.com. Send photos to photos@thestarphenix.com. Send photos to photos@thestarphenix.com. Send photos to photos@thestarphenix.com.

ASK ELLIE

Address red flag issues before they become deal-breakers

Q. I met this woman online who seemed really nice and pretty—I wanted to meet her soon, though she lives a few hours away.

She insisted that we keep talking until she felt sure that I'm not playing her, because she's been hurt before.

So we texted, emailed, and phoned daily for a month. Now she says she loves me and is ready to be in a serious relationship.

But it'd mean a lot of travel back and forth, meeting each other's families, and friends right away.

It feels way too fast for me.

A. It IS too fast to declare love to someone she's never met in person. She's trying to condense a relationship ahead of time.

However, you have some responsibility yourself for encouraging her when you wanted to meet soon, which did involve traveling.

Show things down. She skips to share each other where and how you live, talk more about your interests etc.

Ask Ellie



If you decide to meet make sure she understands it's not a commitment, until you know each other better.

Q. I know my fiancé was a good one, but now it's worrying me.

Anything I suggest, he disagrees with his Mom and brings back her contrary opinions.

If I want yellow flowers, she prefers pink. If I want a small reception, she says we can't leave out our own.

We're paying for our own wedding but she wants to take it over (and pay nothing). What's worse, he goes along with it.

Minister-in-Lam

A. The red flag isn't his mother's; it's how he handles her.

Don't waste your energy being angry with her; she's been manipulating his decisions for years, and he's clearly not challenged her.

Tell him that now there's a need for him to draw boundaries as an adult in a partner, so that you two can create your own lives.

A wedding is traditionally the best's Day and she knows that. She's entitled to make suggestions but not to control what you two decide.

If he agrees with you before on a small reception, that's it. Also, it's likely what you can both afford.

If she wants to host a large reception, at a later date, all at her expense, you and your fiancé must consider it, or not.

There's no need to be mean or disrespectful, just firm about what you both can accept and what you can't.

He has to understand that other was, her "opinions" and suggestions are up to you two agree.

Q. I was set up with this guy by a friend, who said we'd be a great match. When he called, he talked for an hour about himself.

On the "date," he talked all through dinner, and asked me very little. Later, he acted like he expected to stay the night. I had to push him out the door.

The next day he apologized saying that he was already so sure we'd be a couple. He wanted to get together the next night.

I said I was going away for two weeks with a girlfriend. I never heard from him again.

Blind Date

A. It was all about him.

This was a red flag with flashing lights! He asked nothing, but like I'm assumed you had a boyfriend, decided you were lying, or he was really to be intended for that long.

Tell your friend that you'll meet your own date. This guy doesn't want a match—he was just constant attention.

Q. I've recently been feeling a boy I knew my best friend and he tried testing a few months earlier and decided they were better as friends.

I decided I had to tell her: I'd started testing him.

She asked if it was just as friends, or more. I told her I didn't know.

She said we'd speak to her. People are telling me to stop being in contact with him, although I'm happier than I've ever been.

There wouldn't even be anything between the two of them.

What should I do?

Uncertain

A. Apologize. Say you didn't mean to hurt her.

There are unspoken "rules" about going after someone that your friend liked, and you know that but told her after the fact.

Testing isn't dating. It's a dirty way of testing a connection. He may only want to be friends, so it's not worth losing your best friend—unless she decides to lose you.

GARDENING

GARDENING IN SASKATCHEWAN

Plant milkweed to attract monarch butterflies

By Sara Williams

If you're worried about the survival of the monarch butterfly in your part of the world, why not add some prairie or meadow seedlings to your flower borders? The butterfly (*Danopsis plexippus*) is given much wider publicity in books and garden magazines, however it doesn't survive in Zone 5b of the Prairies whereas the meadow milkweed will.

The monarch butterfly (*Danopsis plexippus*) is one of the best known, but most threatened, of the butterfly species in North America, in Canada it is a Species of Special Concern (www.sarungatory.gov). The monarchs that migrate from Eastern Canada and the Provinces in late summer/winter fall travel more than 4,000 kilometres to their overwintering grounds in Mexico. It is estimated that about 90 per cent of these lovely black, orange and white butterflies have disappeared in the last 30 years. Loss of habitat due to urban sprawl, logging and agriculture in all parts of its migratory route — perhaps most importantly in its overwintering habitat in Mexico — is the major cause of its decline.

In Canada, the female monarch deposits her eggs exclusively on the lower leaf surface of milkweeds. The larvae hatch there a few days later with food in easy reach (the milkweed leaves on which they hatched). Over a period of a few weeks they shed their skins four times increasing in size each time.

After pupating as a chrysalis for a further two weeks, it emerges as an adult butterfly at which stage it can feed on the nectar of a number of different flowers other than milkweed (including annuals such as alchemilla, marigold and zinnia). Over a season, up to two to three generations are produced in Canada.

The final generation that emerges at the end of the summer feeds on nectar to build up their energy for the big migration. As native widespread species disappear from more marginal land, so does the food source of the monarch butterfly larvae. And so their numbers decline. Your planting of milkweed will help provide a more continuous source of food along the lengthy migratory path of the monarch butterfly.

For a plant with the common name of meadow milkweed, this perennial is exceedingly drought tolerant and vigorous in the driest of situations. They will spread (by rhizomes) if conditions are to their liking. If that hap-



In Canada, the female monarch butterfly deposits her eggs exclusively on the lower leaf surface of milkweeds. Photo courtesy of iStock.

pens and it's not to your liking, plant them in the back lawn.

Stiles from Nova Scotia to southeastern Saskatchewan, its genus name is from the Greek *asclepias*, the god of medicine referring to its potent medicinal properties while *incanum* means flesh pink and describes the flowers.

The showy white or pink flowers are born on 80 to 90 cm stems in early summer show. Fleshy or fleshy leaves, several on them are visible. "Caroline Rose" has rose-pink flowers. "Candorillo" is a dusty rose pink. "Milkweed and the Balled" both have white flowers. "Soul mate" has white flowers with rose pink bracts.

Start seeds about six weeks prior to planting outdoors. Use a well-drained getting ear-

thly, covering seeds with about three mm of the media. Place under lined lights or in a sunny window. Germination should take place within two weeks. Transplant seedlings into biodegradable pots. Give them time to establish themselves before planting outdoors in full sun.

Swamp milkweed is a good border plant or in a bog garden and they make excellent cut flowers.

Sara Williams is the author of the newly expanded and revised *Creating the Prairie Xscape: Gardening Naturally: A Chemical-free Handbook for the Prairie and the Southwest Prairie Plant & Tree A Photographic*

History. She will be leading a garden tour to Crest Division in May 2015 and on leading with Midland Area, a tour of Plains and Plains of Iceland in July 2016. Call Sara at 363-5555 for more information.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennials.ca, saskperennials@yahoo.com). Check out our bulletin board to consider for upcoming garden information sessions. *10 of 10 Best Plant Sale June 13 Labour & Lunch June 14, 15, Garden Tour June 16*

GardenLine is open for the season to solve your garden problems: 326-664-8860; gardenline@sask.ca

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

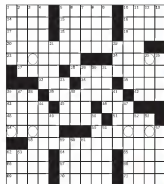
ACROSS

- 1 Exclamation of frustration
- 3 Play of Mozart's last piano concerto
- 12 Accelerated (adj.)
- 14 2013 N.Y.U. All Star jersey
- 15 Pinout button on chocolate keyboard H.B.
- 16 Brand for later clothing: maybe
- 17 Toward Italy
- 18 Resident of 122 Avenue Street
- 19 Midyear-day
- 20 E.U. governmentally in the fractured puzzle
- 23 All done for base, say
- 24 Tied it pants
- 27 Line's drink
- 28 E.M.L. acronymically
- 32 Quilt
- 34 ...tactic: vegetation
- 35 Dancer's Robert
- 36 Easy question
- 37 E.L. L.A. L.A. or G.L.A. acronymically
- 42 Caravan only
- 43 Spring meet eggs
- 45 Not quite the warden
- 48 Lie Twister
- 49 E.L.K. acronymically
- 51 Nightcap
- 54 "Take Up With A..." to host
- 55 For the next day
- 56 Oscar: personally
- 62 One a g'long?
- 63 D. name with
- 65 Not related
- 66 Symbol of authority
- 67 Quicker
- 68 "You'll be back" after
- 69 Cooks over warden
- 70 Warden
- 71 Haven of sanctuary

DOWN

- 1 Mount peak and Spanish characteristics, singly
- 3 Whispering street
- 3 Act setting
- 4 One Remedy
- 5 Standard Hat off-Farmers Group
- 6 Final (adj.)
- 7 Director Heilmann
- 8 ...Puffin
- 9 Most take water after
- 10 Anal growth of
- 11 Incidental remark
- 12 Day movie
- 13 Commendable activities
- 21 Advice for a base
- 22 Verbeuse
- 25 Article in the 2011
- 26 Neilsen neighbor
- 29 D. name for his order
- 30 Urban Alike
- 31 D.
- 32 Specialty sound
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- 34 ...Puffin
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- 49 ...Puffin

PUZZLE BY DANIEL LANDMAN



OUTSIDE THE LINES



Colouring contest

Each week Stephanie McKay creates a line drawing meant to please kids of all ages. Children can colour the page, have a picture taken with the finished product and email it to landscap@theadphoenix.com. One winner will be chosen each week.

Please send entries by Monday at 9 a.m.



Last week's contest winner is Chase Log. Thanks to everyone who submitted entries!

Social Good parties are mini fundraisers organized by YOU!

- 1 Pick a date for your Social Good party
- 2 Go to www.Canadahelps.org and create a fundraiser
- 3 Tell all your friends!



Social Good

help create a safe room without violence, homelessness, or poverty. www.ywcaskatoun.com (306) 244-7934 ext 122

SHARP EATS

SASKATOON FOOD SCENE

The best new food trucks to hit the city and why it's worth the price

By Jenn Sharp

Saskatoon's food trucks are out in full force selling (at the most part) quality eats.

Some question the expense of the truck's food with just cause — going upwards of \$14 for a meal wrapped in tinfoil that you eat standing out side is high, especially when the price is comparable to a restaurant. But perhaps that perception needs to change.

I don't mind paying for quality and expect that any truck selling items three blocks from the city centre will be worth the price. The ingredients should be fresh, the food should be made from scratch and most importantly it should taste awesome.

In a world where so many go through life on auto pilot, eating and dining has become the norm. It's impossible to really taste your food if you're too busy to stop and appreciate it. We've forgotten how to live in the present because we're too busy planning for the future and thinking about the past. That translates to mindless eating and a disconnection from food.

Brian Stacey, one of the owners of the highly popular Drift Café, agrees, saying eating is all about perception. If you approach a food truck with the idea that you have to stand outside and eat, the food won't taste as good as that special treat that if you turn the experience into something special, savouring each bite and relishing in the surroundings of whatever street corner that truck is parked on, it becomes something entirely different.

"It becomes an experience and for that I'll pay more money," he said.

Food truck chefs are giving people a more elevated dining experience, also outside. That's just part of the charm. The season is short so embrace it and paid up a little.

Bill Matthews recently sold his restaurant to operate a truck full time.

"It's a labour of love. It's not cheap about the money. It's about enjoying what you do and the satisfaction you get, and the smiles when people eat your food — that's the real payoff."

Brushes are not but it's not cheap to operate a food truck. After you figure in the cost of the annual permit, gas, food costs, staff wages and a short operating season, that \$9 a truck can't be handing a huge profit.

Stacey is the only restaurateur to leave the City of Saskatoon's permit agreement with food trucks. As part of the agreement, food trucks can't be parked within a certain distance of street-side restaurants. Stacey wants trucks like Matthews' to get up close to food of Drift.

"It adds to the ambience," he says. He wants people to grab a sandwich from Drift and take a seat at one of the wooden benches outside Drift.

"In the end, we're so busy (with) sending people to other restaurants. Why couldn't we send them down to a food truck?" says Stacey.

He would even like to close off the street. Here's a head and tail the one with food trucks for an upcoming street parties during the summer. It's all part of the community he's building at Drift and food trucks are integral to his plans.

Saskatoon has an ever food truck this year and at least seven others out on the street every week. Check out saskatoon.com for live tracking. Here's a roundup of a few new ones and what you should try.

Do you think food truck menus are priced appropriately? Let me know your thoughts.

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Continued on Page 22



CHICK-A-LICK

WHAT'S HOT? Fried but not overly greasy chicken meals and a few snail daisies (like Donut by Chocolate).



SOOMSOOM

WHAT'S HOT? Named after the Vietnamese word for "sauce," the truck offers a range of Asian-Middle Eastern eats, some of which you've probably never tried in Saskatoon.



TRY Sticky Chick \$9.95 Lightly breaded and seasoned chicken pieces in a spring mix, cornmeal bread with cranberry, sundown sticks, house vinaigrette and signature honey-dill

dipping sauce. The sweet hit match to write home about but the honey dill dip is beyond perfect. And the chicken brooding is a definitely homemade and worth the wait.



TRY Go for the classic falafel sandwich: \$10. Chef Daley Dean makes the falafel from scratch and from scratch daily. The pita bread is thick and as thin as a wafer. Watch for daily specials like Makhlah, Sabich or Yemeni Meeball.



REBEL MELT

WHAT IS IT? The truck's slogan: put the south eye (mouth) some s up (silly southern-inspired comfort food) kicked up a notch.

TRY The Rebel Melt, \$5. Their slimy turn sandwich is loaded with applewood-smoked bacon, smoked Gouda and a sweet, spicy bacon jam. I waited in line at the May Meyhem food truck festival for a good 30 minutes for that sandwich. It was worth every second, especially the bacon jam. The sandwich took home first place for Rebel Melt at the festival's Food Truck Wars.



Below: Rebel Melt food truck owners (from left) Dawn Depaolant and Dawn Depaolant after they were awarded first place for Rebel Melt at the Food Truck Wars on May 31. (Rebel Melt photo: LAM News)



GANGSTERS ITALIAN SANDWICHES

WHAT IS IT? Bill Matthews sold his restaurant, The Gian Quiche House, to run a food truck selling classic home-made Italian sandwiches, like Parmesan on a bun.

TRY The Bacon Sausage, made with pork shoulder sausage, San Marzano tomato meat sauce, roasted peppers and garlic parmesan vinaigrette, \$6.95. Fresh basil comes from Flooding Gardens, the peppers from Grandiose Gardens and all the sandwiches are on Lombard Bakery bread.



YUMM TRUCK

WHAT IS IT? After a one-year hiatus, Yumm has teamed with a neighborhood of gourmet sweet and savory grilled cheese options.

TRY The Supreme, \$10. Thick slices of sautéed onion—spiced apples and the other cheese taste like apple pie between bakery-fresh sourdough bread. The cheese sauce soaked right through the waffle on the one, but that's all part of the experience, right? If you're looking for a healthier choice, pick up one of Yumm's protein shakes.



Bliss Sherry, the owner of Duff Cafe, is the only restaurateur to waive the City of Saskatoon's permit agreement with food trucks that states the trucks can't be parked within a certain distance of established restaurants. (Bliss Sherry photo: YUMM TRUCKS)

WINE WORLD

#SUMMER COCKTAILS

A sophisticated drink to match grown up tastes

By James Romanow

If you were to wander through the Robson district of Rome seated across you would see many of the chic couples with small red tables out front. Inevitably the servers will consist of elegant young women, wearing single black dresses, high heels and dark gloves. Their "sample" dress costs a couple of thousand dollars, which is a good part of why it looks so elegant. In front of each young woman you see a glass of Prosecco, or maybe a white wine. When the women are older and a bit more confident, their beverage reflects their complexity. As often as not it is a Campari or an Aperol.

These are adult beverages outside of Italy, famous of course, a medieval town from the Middle Ages. It contains cascades back to keep you sober, here. There are other places and its young, including the Robson district. The result is a very complex, somewhat sweet beverage. As far as I can tell, Aperol was created to have less alcohol content than Campari, about half as much.

It's usually drunk as a aperitif, cutting the alcohol much further and making for a very pleasant refreshment drink. Another popular Italian drink the Negroni, a gin, vermouth and Campari. A quick variant is just to substitute the Aperol for the Campari. Or go the pure



gin and Aperol route if you prefer.

No matter how you drink it, this is a complex and interesting beverage with a flavor profile completely unlike anything you're going to find on the "cocktails" list at chain restaurants. If you find yourself desiring a more sophisticated drink (to match your Versace) give it a whirl.

Aperol aperitif, \$39 *****

Get more next week here and in Monday's paper and always on Twitter @dbracco.

Crossword/Sudoku answers

ACHS	UPLAY	USED
NOAH	REUSE	TIPO
DONA	KNIP	IDES
RIGHT	TRIANGLE	
ONADATE	TINES	
GOOD	TRAPEZOID	
MUM	OVO	ETNA
LOB	POLYGON	CEK
IRAS	AAA	RE
ACT	ANGLO	GOVE
ROCK	CAREFULLY	
PARADE	LOGRAM	
CHAR	WAIVE	OTIC
REIN	ODDER	NEMA
OWNS	LAINT	EXES

5	2	3	7	9	6	4	8	1
8	9	1	4	3	2	5	6	7
6	4	7	5	8	1	9	2	3
1	8	2	9	7	5	6	3	4
3	6	5	8	2	4	7	1	9
4	7	9	6	1	3	8	5	2
2	5	6	3	4	9	1	7	8
7	1	4	2	6	8	3	9	5
9	3	8	1	5	7	2	4	6

ARTS & LIFE

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Five Years of Great Ideas

Known as Canada's best tech/digital media conference and music festival, MoSo is aiming to celebrate its fifth birthday with its best speaker and artist line-up ever.

Taking place in Saskatoon's iconic Broadway District June 18-21, MoSo attracts some of the best and brightest from across North America for a multi-venue, multi-day celebration of innovative ideas and fruitful collaboration.

For two days, conference participants will hear from industry leaders in the tech, social media and digital marketing fields, learning about the latest digital developments, trends and tools available and how to leverage them for the best results.

This year, we are pleased to have executives from Twitter Canada, MasterCard, WIRED Magazine, plus many other notable companies, share insights and ideas that will help attendees learn how to better engage with their audience online.

Representatives from local companies, such as Zu and OneStory, will also be speaking at this year's conference.

But MoSo is more than just a conference and at night, the Broadway District comes alive with the music festival. Featuring the best in established and upcoming musical artists from around the world, the music festival aims to open up a whole new world of musical experiences to festival attendees.

This year's impressive line-up includes artists such as Swervedriver, Deerhoof, Limblifter, Cancer Bats and Rae Spoon. Playing alongside these big, international acts, are a number of local artists including Friends of Foes, The Moes and Shooting Guns.

If you want to learn more you can head to the MoSo website at moso2015.com where you will find information on all the speakers and artists as well as information on how to purchase an all access pass to the conference and festival.

